

# Training Schedule 2023/24 Season

As of 12 Feb 2024

## Performance Pathway

## Development Pathway

## Skills Pathway

## Masters

Performance 1

Day	Morning	Evening	Land Training
Monday		Aldershot Garrison 19:00-21:00	
Tuesday	Hart Leisure Centre 06:00-07:30	Aldershot Garrison 19:00-21:00	
Wednesday		Hart Leisure Centre 19:30-21:30	
Thursday		Hart Leisure Centre 19:00-21:00	Hart Leisure Centre 17:45-18:45
Friday		Aldershot Garrison 19:00-21:00	
Saturday			
Sunday		Hart Leisure Centre 19:30-21:30	Hart Leisure Centre 18:15-19:15

County Development (Legacy J1 & merged J2)

Day	Morning	Evening	Land Training
Monday			
Tuesday	Hart Leisure Centre 06:00-07:30	Hart Leisure Centre 19:00-21:00	
Wednesday			
Thursday			
Friday		Hart Leisure Centre 19:00-21:00	
Saturday	Hart Leisure Centre 06:30-08:00		
Sunday		Hart Leisure Centre 18:30-20:30	

Skills Advanced (Legacy J3)

Day	Morning	Evening	Land Training
Monday			
Tuesday		Hart Leisure Centre 20:00-21:00	
Wednesday			
Thursday		Hart Leisure Centre 19:30-20:30	
Friday			
Saturday	Hart Leisure Centre 06:45-07:45		
Sunday		Hart Leisure Centre 18:30-19:30	

Masters

Day	Morning	Evening	Land Training
Monday			
Tuesday			
Wednesday			
Thursday		Hart Leisure Centre 20:30-22:00	
Friday			
Saturday			
Sunday		Hart Leisure Centre 19:30-21:30	

Performance 2

Day	Morning	Evening	Land Training
Monday		Aldershot Garrison 19:00-21:00	
Tuesday	Hart Leisure Centre 06:00-07:30		
Wednesday		Hart Leisure Centre 19:30-21:30	
Thursday		Hart Leisure Centre 19:00-21:00	Hart Leisure Centre 17:45-18:45
Friday		Aldershot Garrison 19:00-21:00	
Saturday			
Sunday		Aldershot Garrison 14:00-16:00	Aldershot Garrison 16:00-17:00

Merged Junior 2 suggested 'bridging' sessions.  
Swimmers can increase training by 1 hour per week by training for the first hour initially and increasing to 2 hours one session at a time

Skills Intermediate (Legacy J4+)

Day	Morning	Evening	Land Training
Monday		Hart Leisure Centre 18:30-19:30	
Tuesday		Hart Leisure Centre 19:00-20:00	
Wednesday			
Thursday			
Friday			
Saturday	Hart Leisure Centre 06:45-07:45		
Sunday			

Performance 3

Day	Morning	Evening	Land Training
Monday			
Tuesday	Hart Leisure Centre 06:00-07:30		
Wednesday		Hart Leisure Centre 19:30-21:30	
Thursday		Hart Leisure Centre 19:00-21:00	
Friday		Hart Leisure Centre 19:00-21:00	
Saturday			
Sunday		Aldershot Garrison 14:00-16:00	Aldershot Garrison 16:00-17:00

Skills Foundation (Legacy J4)

Day	Morning	Evening	Land Training
Monday		Hart Leisure Centre 18:30-19:30	
Tuesday		Hart Leisure Centre 19:00-20:00	
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			